

# Interfaith Worship Service

Thanksgiving Eve  
Wed, Nov. 27th  
6:30



Pie Fest  
Following  
The Service!



Good Shepherd Lutheran Church

## Shepherd's Voice

*Give. Serve. Lead. Connect.*

November 2019

### From Pastor Harald Bringsjord

November is a full month for the Church and for the Country: November 3rd is "All Saints Sunday," a time to remember those who have died since the last "All Saints Sunday." We remember them with a flower given to a family member in the worship service. By doing so, we celebrate those who have shaped our lives and have helped reflect God's beauty and love in the world. On November 10th, 1483, Martin Luther, the great figure of the Reformation, was born. November 11th is Veterans Day, where we remember the sacrifices the Veterans have made and continue to make for our country. Sunday, November 24th, is the Sunday we celebrate Christ the King; Christ as Creator of the galaxies, the firstborn of the dead, the head of the Church and our Savior. November 28th is the holiday of Thanksgiving here in the United States.

This year I am particularly thankful that on Wednesday, November 27th, Thanksgiving Eve, we will be hosting an interfaith worship service. This worship will be filled with music: from the Bell Choir led by Linda Jerome, a community Sounds of Praise band led by Randy Lyden, and a community choir led by Karl Greenfield. The faith communities participating will be Bethel Lutheran Church, Bridges Church, Congregation Sons of Abraham, English Lutheran Church, First Congregational Church, First Presbyterian Church, Franciscan Sisters of Perpetual Adoration, Good Shepherd Lutheran Church, New Beginnings Christian Fellowship, Othman bin Affan Mosque,

Our Savior's Lutheran Church, Trinity Lutheran Church, and the Unitarian Universalist Fellowship. The highlight following worship will be the pie social. Hope all can make it.

God's blessings as we journey through the month of November.

Pastor Harald Bringsjord

PS. For those who would like to participate in the music of the Thanksgiving worship, please contact

Sounds of Praise/ Randy Lyden at [Randy@gslacrosse.org](mailto:Randy@gslacrosse.org), or call him at 608-792-1305 (instrumentalists)

Community Sanctuary Choir – Karl Greenfield at [karl.greenfield@gmail.com](mailto:karl.greenfield@gmail.com) or call him at 608-790-3785

Bell Choir – Linda Jerome at [romiel673@gmail.com](mailto:romiel673@gmail.com) or call her at 608-317-1335



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To access this and other publications online visit [GSlacrosse.org/voice](https://GSlacrosse.org/voice).

## Give

*Volunteering Within Church*

### Flower and Bulletin Sponsorship

The flower and bulletin sponsorship charts are on the bulletin board in the back of the welcome area. Sponsoring the flowers or bulletins is an easy way to honor special dates such as birthdays and anniversaries, or the memory of a

### Readers & Ushers Appreciated!

Readers and Ushers are always valued at our worship services. Please consider signing up on the sign up sheet in the welcome area at the back of the sanctuary. You can sign up to read for a

loved one. If you have any questions on sponsoring the flowers or bulletins, please contact Kathy or Rick in the church office at (608)788-0450.



time and day that works for you. The readings will be sent (either by mail or email) to you early that week. Interested in ushering? Contact Kathy 788-0450. We really do need your help!

### Women Who Wrestle With The Word (W5)

If you would like to be a part of a regular gathering of Christian Women, you are always welcome to join W5. For info contact the church office.



### Lydia Circle

Lydia Circle meets the first Tuesday of every month at 1pm in the quilting room. All women are welcome!

If you have any questions, contact Carol at 787-0609.



### Good Shepherd Ministries

**Altar Guild**—Is a very easy commitment and we would be happy to show you how it's done! Simply call Irene Thorelli at (608)787-0242.

**Quilting**—Quilters usually meet on Wednesday mornings. If you are interested in helping the quilters contact the church office at 788-0450

**Mailing Crew**— If you are interested in helping prepare the Voice newsletter for mailing by adding address labels and stickers, then the crew is for you! We meet the 4th Thursday of each month at 8:30am in the choir room.

**Care Ministry**—Care Ministers visit the homebound year round to have a small chat, give communion, and have a prayer. Interested in joining this ministry? Contact Don Skibba at 787-0498. If you or someone you know would like a visit from our care ministry team, please contact the church office at 788-0450.

**55 Plus**—55 Plus is a friendly lunch gathering for the 55+ crowd that meets every 3rd Thursday of the month at 11:30am. We gather at The King Street Kitchen located at 1417th St S.

## Serve

*Enriching Life, Sharing Talents*

### Thank You All So Very Much...

**Altar Guild**—Thank you to the members who served during the month of October, Arlene & Dewey Dreves & Linda Schoen. For the month of November, Pat Oliver & Irene Thorelli will be on duty.

Thank you Kim Young for sending out the "Get Well" cards in October. Phyllis Lynch will be sending out the cards throughout the month of November.

Thank you to Ann Hudson for sending out cards and prayer shawls year round to bereaved families.

**Care Ministries**—Thank you to all members who are serving as Care Ministers to the faithful members of Good Shepherd who can no longer come to worship with us. Through you, our Care Ministers, the church comes to them!



### Causeway Caregivers

Causeway Caregivers exists to help! Give Causeway a call if you need assistance in or around your home or if you have a few hours to volunteer helping those who do. (608) 775-9999 or visit our website: [causewaycaregivers.org](http://causewaycaregivers.org)



### Ushers Schedule

<b>Nov 3</b>	<b>8:30am:</b> Steve & Gina Fellenz, Cliff Hendrick, Verlene Morrison, Michelle Schaefer, Monty Gilbertson <b>10:30am:</b> Tony & Jen Servais, Garold & Kay Becker, Jonathan Thompson, Gundi Bay
<b>Nov 10</b>	<b>8:30am:</b> Confirmation Students <b>10:30am:</b> Confirmation Students
<b>Nov 17</b>	<b>8:30am:</b> Carter & Aimee Roth, Keith & Mary Isaacs, Jim & Sue Bugge <b>10:30am:</b> Diane Kimball, Steve Ambrose, Adam Kimball, Jane Strangstalien, Mark & Bridget Skolos
<b>Nov 24</b>	<b>8:30am:</b> Mark & Shanon Torgerud, Dave & Barb Foye <b>10:30am:</b> Heidi Kwiatkowski, Shelly Saegrove, Darren & Jaclyn Osley

## Lead

*Raising Up Spiritual Leaders*

### Calling All Musicians!

Our "Sounds of Praise" worship band invites you to help us lead the worship here at Good Shepherd. "Sounds of Praise" is intended to bring together the greatest number and variety of instruments possible, presenting special music and enhancing our wide variety of hymn styles. Whatever type of

instrument you play, "Sounds of Praise" welcomes you! Please call Randy Lyden at (608)779-9669 or email [randy@gslacrosse.org](mailto:randy@gslacrosse.org) to be a part of this growing and exciting praise band!



**Make a joyful noise unto the Lord!**

### The Sanctuary Choir

The Sanctuary Choir rehearses between services every Sunday from September through May and new members are always welcome!! If you would like to join our Sanctuary Choir, please contact Karl Greenfield at 790-3785 or at [karl@gslacrosse.org](mailto:karl@gslacrosse.org)

### The Gloria Dei Choir

We rehearse between services on Sundays from September through May in the Mattes Center and new members are always welcome! If your children would like to be a part of the Gloria Dei Choir, please contact Darlene Lassig at 788-5686 or at [darlene@gslacrosse.org](mailto:darlene@gslacrosse.org).

### Hand Bell Choir

Practices are on Sunday evenings at 5:30pm from September through May in the Choir Room. If you have any questions please contact Linda Jerome at 317-1335 or at [linda@gslacrosse.org](mailto:linda@gslacrosse.org).

**Remember also your Creator in the days of your youth,** *Ecclesiastes 12:1*

### High School Youth Group (Grades 9-12)

Good Shepherd's High School Youth open hangout is Wednesday evenings at 6:30pm between September & June. You aren't the only Christian at your school! Come hangout with other awesome teens

just like yourself. Social events throughout the year along with a yearly mission trip. Want to learn more? Contact the Jen Servais at [Jen@gslacrosse.org](mailto:Jen@gslacrosse.org), or just drop in and check it out for yourself!

## Connect

*Bridging Our Community To Our World*

### Mobile Meals of La Crosse

Thank you so much to those who delivered Mobile Meals in October. **Our next time to deliver will be Monday, Dec 2nd to Sunday, Dec 8th.** Mobile Meals of La Crosse delivers 33,000 meals annually to the homebound, largely through the efforts of local churches like ours.

Need more information? Call 784-4623 or go to [mobilemealsoflacrosse.org](http://mobilemealsoflacrosse.org). pick-up place is Franciscan/ Mayo at the Market Street door and the pick-up time will be 11am. Please allow 1 1/2 to 2 hours time. We are route #1.



**Please consider becoming a part of this very important ministry, our Mobile Meal Delivery Team could really use your help. Please contact Kathy at 788-0450 or [Kathy@gslacrosse.org](mailto:Kathy@gslacrosse.org)**

### Local Food Pantry Needs



#### West Avenue Food Emergency Relief

(WAFER) is asking for Peanut Butter during the month of November. Thank you for all the donations given in October.

Please leave all donations in the grocery cart near our bulletin boards in the Welcome Area. A monetary gift may also be given to help support WAFER. Simply make your check out to Good Shepherd, and indicate WAFER in the check memo.

### 4-H Club

The Mormon Coulee 4-H Club was first established in 1946 making the club one of the oldest in La Crosse County! 4-H clubs are made up of children from kindergarten through high school. We meet the second Sunday of each month at

4pm in the Mattes Center. We are always looking for eager volunteers. If anyone is interested, or has any questions, please feel free to contact Kimberly Young at (608)796-0099 or e-mail [kkymmm@gmail.com](mailto:kkymmm@gmail.com).

### Cub Scouts, Boy Scouts & Scouting for Girls Meet at Good Shepherd

**Cub Scouts—Pack 10** meets at 6pm, 2nd & 4th week on Tuesday's in the Mattes Center. Off over the summer.

**Boy Scouts—Troop 22** meets at 6:45pm weekly on Tuesday's in the Mattes Center. Off over the summer.

**Scouting for Girls** meets at 6:45pm weekly on Tuesday's in the Mattes Center. Off over the summer.

If you have any questions, please call the church office at 788-0450 and we can connect you with the group leaders.



# Stewardship

## Memorials & Special Gifts

Good Shepherd gratefully acknowledges and sincerely appreciates your gifts over and above your regular giving. The following gifts were received from September 20 through October 15.

### WAFER

Jim & Sue Bugge  
John Wood  
Gerald Knutson



### Gerald Jensen Memorial

Judith Jensen-Schams

### Vaughn & Louise Christenson Memorial

Judith Jensen-Schams

### Hintgen Food Project

Jim & Sue Bugge  
John Wood  
Michael & Sally Lindahl  
Rob & Dianne Hamann  
Richard Figgie  
Scott & Sara Wrobel  
Anna Erickson  
Jane Strangstalien  
Diane Kimball

### ELCA World Hunger

John May  
Kelly Gorres  
Richard Reinholz

### LWR School Kits

Jim & Sue Bugge

## What is *Simply Giving*®?

The *Simply Giving*® Program is an automated stewardship program that helps church members live generously. It's a convenient, safe and simple way for individuals to make automatic payments to Good Shepherd through electronic funds transfer (EFT) directly from checking or savings accounts. Vanco Services, LLC provides electronic payment processing services at reduced rates—so your generosity goes further. Learn more by contacting the church office at (608) 788-0450



# Church Numbers

## Weekly Sunday Attendance

Date	8:30am	10:30am
09/01/19	71	62
09/08/19	101	140
09/15/19	120	100
09/22/19	98	171
09/29/19	79	124

## Weekly Envelope Offerings

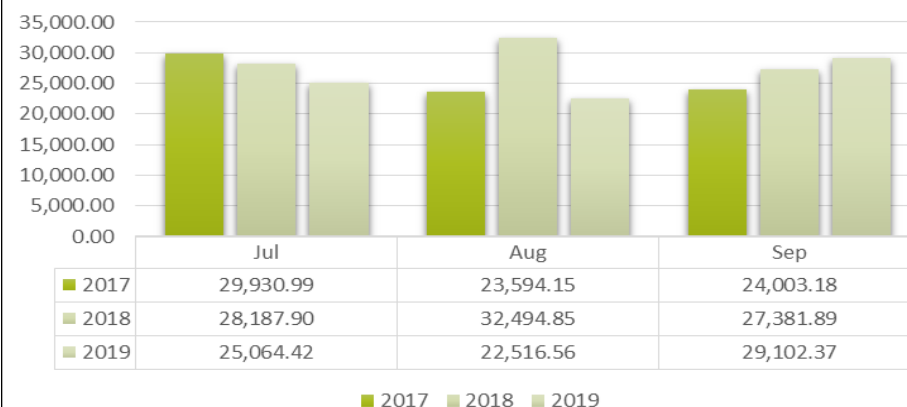
Date	Weekly	% Budget
09/01/19	3,966.14	65.7%
09/08/19	7,910.05	131.0%
09/15/19	10,092.50	167.1%
09/22/19	3,670.18	60.8%
09/29/19	3,463.50	57.4%
<b>Totals</b>	<b>29,102.37</b>	<b>96.4%</b>

## Envelope Offering Comparison

September 2019	September 2018	% Difference
29,102.37	27,381.89	6.3%
YTD 2019	YTD 2018	% Difference
244,498.49	252,700.63	-3.2%

If you would like to view the complete financial statements that are shared with the Council, please contact Rick in the church office at [rick@gslacrosse.org](mailto:rick@gslacrosse.org) or by calling the church office (608)788-0450.

## Envelope Offerings



## Around the Parish...

### Blood Pressure Readings

Blood pressure readings will be taken on Sunday, November 3rd at 9:30am. by our Parish Nurses, Cody & Kerstin Nedegaard.

### Lydia Circle

Our meeting will be Tuesday, November 5th at 1pm in the quilt room. All women of Good Shepherd are invited and encouraged to attend and bring a friend! Please call Carol Abraham 787-0679 with questions.

### High School Youth

High School Youth Open-Hang Out is every Wednesday at 6:30pm in the Youth Room.

### Good Shepherd Women-WELCA

WELCA welcomes all women from our congregation to be part of this committee. Our next meeting is Thursday, Nov 7th at 6pm in the Choir Room. Come and discover all the good our committee does within our church, community, nation and world!

### Game Night

Game Night for all ages is Friday, Nov 8th from 6 - 9pm. Bring your favorite game or learn a new one. Games vary, but include a variety of board, card, and other games. Contact Duane at 787-1038 or Tom or Stephanie at 385-7394 with any questions.

### Sunday Morning Bible Study

We meet again on **Sunday, Nov. 10th**, and will try to meet consistently on the second Sunday of the month between services in the Library. It would be great to get started by 9:40am. November 10th is the Twenty-Second Sunday after Pentecost and The texts are Job 19:23-27a, Psalm 17:1-9, 2 Thessalonians 2:1-5, 13-17, and Luke 20:27-38. It's a great idea to review these passages before you come if you have time. Bring a friend! Also your ideas for what you would like to have included in our discussions would be very welcome.

### Bunco Night

Friday, November 15th from 6pm-9ish in the Mattes Center. Potluck supper and a evening of Bunco. Please bring a \$5 wrapped gift to exchange. The theme is "Thanksgiving".

### Holiday Marketplace Sale

Our annual Holiday Marketplace Sale will be on Saturday, Nov. 16th from 9-2. We have 29 vendors this year and will offer our famous bake sale with lefse and goodies. Our annual basket raffle will support local and world hunger. The Packers have given us a signed Football marking the 100th year of their organization, and we will have 3 raffle baskets. Pastor tells us he has made a special item for raffle also! Come to the sale and support the generous programs WELCA supports throughout the year. As always we'll offer that delicious pulled pork sandwich lunch from 10:30-1:30.

### Altar Guild Meeting

We will meet for our Annual Meeting on Sunday morning, November 17th, at 9:45am in the Quilting Room, behind the kitchen. There are some exciting developments that should be ready to go by then, or at least some solid updates. Be thinking of months you'd like to serve for next year, any Lenten dates for 2020, and any Christmas dates for this year. However, those decisions will be made at the meeting itself, including requests from members who cannot at all attend that day and who deliver their requests to a member, that will be attending. Developing the schedule at the meeting itself in a cooperative spirit has worked out well over the years. Thank you for your service. Hope to see you at the meeting!

### Birthday Party at Bethany Riverside

Please join us Thursday, Nov. 21st at 1pm to help the residents with November birthdays celebrate! Also, there are tags on the Giving Tree to purchase presents for them. Please call Judy for more info 788-4335 or jmckitties@aol.com

### Thanksgiving Service -We Could Use Your Help!

Good Shepherd is hosting the Thanksgiving Eve service Nov. 27, and several churches are invited to attend the service and Pie Fest. We have 31 pie plates with our logo, please pick 1 or 2 up in the office and make a pie for Thanksgiving Eve service if you are able.

Volunteers are needed to help. Please sign up on the bulletin board if you are able. For more info call Candie Luehne at 608-304-2035 or email her at candiecan45@hotmail.com

## Around the Parish...

### Thanksgiving Eve Service usher needs

We are in need of 4 ushers for Wednesday, November 27th at 6:30pm. If you can help, please sign up on the bulletin board in the welcome area. Thank you so much!!

### Thank You!

Thanks to all of the wonderful, dedicated, and amazing volunteers who volunteered for the ELCA "God's work. Our hands." Sunday, Sept 22nd at the Coulee Region Humane Society! Also, thanks to everyone who donated items for the animals, made desserts, helped with the lunch/refreshments, and brought tools/supplies. You all were amazing and the Coulee Region Humane Society truly appreciated our help. I look forward to working together next year on the fourth Sunday in September! -Lori Lowell

### 2020 Calendars

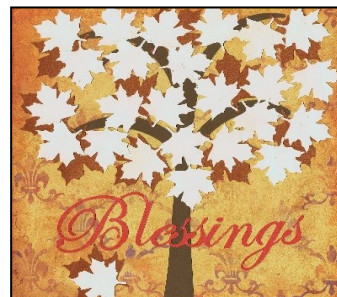
We are collecting calendars that will be given to nursing home residents. Promotional calendars are accepted too! Thank you!!

### Christmas Caring Tree

Our "Christmas Caring Tree will be up on Sunday, Nov. 10th. There will be tags with nursing home resident names and gift suggestions. Please take a tag from the caring tree and bring it back to church wrapped by Sunday, Dec. 8th. Thank you for making Christmas special for these residents! Any question call Candie at 608-304-2035

### Holiday Sale Donations Needed

Please donate your Christmas delicacies, bars, rosettes and other goodies on Friday November 15th. Just drop them off in the kitchen anytime from noon to 6pm. Your work is greatly appreciated!



Commitment Sunday is November 17th, during both services to return your Commitment Card with your tithes supporting Good Shepherd. Letters will be arriving in mailboxes soon or you can pick up the cards in the Church Office. As part of this year's Commitment Time, the Stewardship Committee is encouraging everyone to "See All We Have Been Blessed With" in a fun and interactive way! Stop by the See All We Have Been Given table to add your own note card to the Blessings Tree! You can use blessings in your life, our church, or community. Let's fill the tree with blessings.

### Hintgen Food Pantry

There are children here in our community who go to bed hungry on the weekends through no fault of their own. We are blessed with abundant food at low prices in our area. We are sponsoring backpacks with basic food for the weekend for 22 of the neediest kids at our neighborhood school, Hintgen. Please help us by shopping for food or by donating to church and noting: "Hintgen Food Project" in the memo line. Shopping lists available on the bulletin board for your use. We can't do this without your generosity.

### Raising Up Spiritual Leaders

FIVE church council members are to be elected to serve terms from 2020-2022. On November 3rd, all voting members are invited to write the name of one member of Good Shepherd on an ecclesiastical ballot. Yes, you can nominate yourself! The nominee should be someone you have spoken to about nominating them and believe has the gifts, skills and vision to be a Council member. Current Church council members who are eligible for re-election will only be on the ballot if their names are submitted and they agree to be on the election ballot.

If you are not able to attend either of the worship services on Nov 3rd you can turn in a ballot to the Church Office before Nov 12th.

### 55+ Lunch Bunch

We are a bunch of seniors who get together for lunch once a month. Come enjoy a reasonably priced meal with a short devotion from Pastor at the King Street Kitchen at 11:30 on the third Thursday of the month. Couples and singles welcome to share in our camaraderie. Please join us, as they say, the more the merrier!

# November 2019



**Gloria Dei Choir**  
Meets every Sunday  
each week at 9:45am.



**Bell Choir**  
Meets every Sunday  
each week. at 5:30pm.
























**Sanctuary Choir**  
Meets every Sunday  
Each week at 9:30am.



**Sounds of Praise**  
Meets every Saturday each  
week at 4pm.

8:30 and 10:30 Sunday Worship Service, 8:45 and 10:45 Sunday School. Communion 1st and 3rd Sundays of Each Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>October 27</b> <b>3rd Grade Milestone</b> 9:45am Care Ministry Meeting 6:30pm GS Men's Group   	28	<b>29</b> 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	<b>30</b> 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	<b>31</b> 1pm Bethany Riverside Birthday Party 1:30pm Grief Support Group	<b>November 1</b>	2
<b>3</b> Name Tag & Cookie Sunday sponsored by Adult Bible Study 9:30am Blood Pressure Readings 10:30am Helgerson Baptism 4pm 8th to 12th Graders Bowling 6:30pm GS Men's Group   	4	<b>5</b> West Pastor Conference 1pm Lydia Circle 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg. 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	<b>6</b> 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	<b>7</b> 1:30pm Grief Support Group 6pm WELCA Mtg	<b>8</b> 6pm Game Night	<b>9</b> 
<b>10</b> <b>Guest Preacher Sara Hallberg</b> 9:40am Sunday Morning Bible Study 11:30am Praise/Worship Team 4pm 4-H Meeting 6:30pm GS Men's Group  	11	<b>12</b> 1:45pm Hillview Communion 6pm Cub Scout Pack 10 6:45pm BS Troop 22 Mtg 6:45pm Scouting for Girls	<b>13</b> NO Staff Meeting 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation 6:30pm Adult Bible Study	<b>14</b> 11:30am 55 Plus 1:30pm Grief Support Group	<b>15</b> <b>December Voice</b> <b>Articles Due</b> 1-6pm Holiday Market Set Up 6pm Bunko, theme "Thanksgiving"	<b>16</b> 8-9am Holiday Marketplace Set Up 9am-2pm Holiday Marketplace 
<b>17</b> 9:45am Altar Guild Meeting 6:30pm GS Men's Group   	<b>18</b> 6:30pm MGF Mtg. 6:30pm Hintgen Assoc. Meeting	<b>19</b> 6pm Parish Ed Meeting 6pm Admin/Exec Meeting 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls 7pm Church Council Mtg.	<b>20</b> 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	<b>21</b> 8:30am December Voice Mailing Crew 1pm Bethany Riverside Birthday Party 6pm Hospitality Mtg	22	23
<b>24</b> 6:30pm GS Men's Group   	25	<b>26</b> 6pm Cub Scout Pack 10 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	<b>27</b> 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Thanksgiving Eve Interfaith Service 7:30pm Pie Social	<b>28</b> <b>Thanksgiving Day</b> <b>Office Closed</b>	<b>29</b> <b>Office Closed</b>	<b>30</b> 
<b>December 1</b> <b>Guest Preacher Ben Morris</b> Name Tag & Cookie Sunday sponsored by Membership 9:30am Blood Pressure Readings 6:30pm GS Men's Group   	<b>2</b> 10am Before the After  <b>To access the</b>	<b>3</b> West Pastor Conference 1pm Lydia Circle 5:30pm Buildings & Grounds 6pm BS Troop 22 Adult Mtg. 6:45pm BS Troop 22 Mtg. 6:45pm Scouting for Girls	<b>4</b> 12:30pm Quilting 6:30pm HS Open Hang Out 6:30pm Confirmation	<b>5</b> 1:30pm Grief Support Group 6pm WELCA Mtg.	<b>6</b> 5:30pm Adult Tree Trimming	<b>7</b> 11am Christmas Capers 11am Advent Luncheon (not here) 5pm Adult Gift Wrap 

**To access the most up-to-date calendar visit [GSlacrosse.org/calendar](https://www.gslacrosse.org/calendar).**



## Church Council Members

- **Jim Bugge** *President of the Congregation* jim@gslacrosse.org
  - **Sara Wrobel** *Vice President of the Congregation*
  - **Todd Holtz** *Treasurer*
  - **Ladd DaFoe** *Secretary*
- Other Church Council Members include:**
- Don Skibba, Lori Lowell,  
Wayne Atchley, Roger Weeks Jr.,  
Sally Lindahl, Tim Stalsberg,  
Jessica Addington, Janet Torkelson,  
Ellen Klemp, & John Krause



- **Rev. Harald Bringsjord** *Senior Pastor*  
prharald@gslacrosse.org
- **Rev. John Stennes-Spidahl** *Assistant Pastor*  
prjohn@gslacrosse.org
- **Rick Laufenberg** *Office Manager*  
rick@gslacrosse.org 788-0450
- **Kathy Johnson** *Office Assistant*  
kathy@gslacrosse.org
- **Tammy Klein** *Children's Ministry Coordinator*  
tammy@gslacrosse.org
- **Jen Servais** *Coordinator of Youth and Family Ministry*  
jen@gslacrosse.org
- **Randy Lyden** *Music Director/Organist* randy@gslacrosse.org (608) 779-9669
- **Linda Jerome Bell** *Choir Director*  
linda@gslacrosse.org
- **Karl & Jaime Greenfield** *Sanctuary Choir Directors*  
karl@gslacrosse.org 790-3785
- **Darlene Lassig** *Volunteer Gloria Dei Choir Director* 788-5686  
darlene@gslacrosse.org
- **Cody Nedegaard**  
**Kerstin Gruntzel** *Volunteer Parish Nurses*  
Cody\_Kerstin@gslacrosse.org
- **Bill Klein** *Custodian*  
bill@gslacrosse.org

**Questions? Don't know who to contact? Contact the Church Office.**

(608) 788-0450 | office@gslacrosse.org | www.gslacrosse.org

4141 Mormon Coulee Rd. La Crosse, WI 54601 (Office hours 8am to 1pm)

## Your Health

*From the desk of our Parish Nurse*

There are 5 easily spread illnesses in the fall and winter which include, seasonal flu, the common cold, norovirus, acute ear infections and bronchiolitis.

According to the US Department of Health and Human Services, the flu peaks in January and February during the brunt of winter. A respiratory illness, the flu spreads from person to person mostly through coughs, sneezes and even general talking. It is also possible to catch the flu by touching surfaces infected with the flu virus then transmitting it to your mouth, nose or eyes. Up to 20% of the population will be impacted by the flu each year. Prevent the flu by staying away from infected people and by receiving the annual vaccination.

The common cold can strike anyone at any time of the year, but peak cold activity hits during the winter and rainy months, according to the University of Maryland Medical Center. There are over 1 billion colds reported in the US throughout the year. Upper respiratory infections and colds are spread similar to the flu. Colds ordinarily bring nasal congestion, scratchy throats and sneezing, along with other symptoms depending on the strain. Like Influenza, cold germs are everywhere. Computer keyboards, phones, and door knobs are examples. The best prevention practice is good hand washing, thorough and frequent. Household cleanliness is also important.

The Norovirus is the most common stomach inflammation illness in the US, and more commonly known as the stomach flu. Norovirus is extremely contagious and causes 21 million illnesses each year. Outbreaks spread from person to person and it is common in long term care facilities.

Acute Ear infections occurs frequently in the winter months. Children are more likely to experience an ear infection when the

climate changes. They are the number one reason parents take their children to the doctor. Symptoms of general ear pain and even nausea are common.

Bronchiolitis is a virus that particularly impacts children, mostly under the age of 2. It is caused by swelling and mucus buildup within the lung air passages. This virus peaks in the fall and winter. It most commonly is caused by a viral infection and is spread from person to person by coming in direct contact with nose and throat fluids of someone carrying the virus.

There are two other health issues related to cold weather. Asthma and heart disease can worsen during the cold weather and asthma attacks and heart attacks become more common. The best prevention is staying inside, taking your scheduled medicine, and wearing warm clothing. If you must venture outside, remember to cover your mouth and nose with a warm scarf. Also, please always carry your inhaler or medicine prescribed by your physician.

There are many repeating preventative measures to stay healthy this winter.

1. Wash your hands frequently.
2. If you are not healthy enough to work, don't! Do not spread your germs to others.
3. Stay indoors if you do not need to venture out in the cold.
4. Get the Flu vaccine.
5. Drink warm fluids to soothe a sore throat and gargle with warm salt water.

Stay healthy this season!

### Cody Nedegaard & Kerstin Gruntzel

*GS Volunteer Parish Nurses*

Cody\_Kerstin@gslacrosse.org

**Health Questions?**

Gundersen Telephone Nurse Advisor



## Sunday School Update

*Pre-school thru Grade 5*

Happy Fall Y'ALL! I Love this time of year! The colors and sweater weather, the holidays approach and excitement is building in the air. Here at Sunday School there is much preparation going on. Please take note of the upcoming dates and add them to your family calendar.

Another **note of THANKS** goes to those who have contributed their time to Sunday School this year. Parents, Church Family, Siblings, Youth and Confirmants....Thank you so much! As we approach the Christmas Season, I realize that our calendars are overflowing with commitments that take our most precious commodity, our time. Please let me know if there is any way to make your commitment to Sunday School as joyful as possible.

Would you like to help make the Christmas Story come to life? Can you sew, craft, paint backgrounds, direct, etc.....? We are looking for a few extra hands to help in our preparations for the annual **Sunday School Christmas Program** which will be held both services on December 15th. If you would like to help, but have a few questions, call me at the Church on Wednesday evenings or Sundays (788-0450).

We are also asking for donations towards our **Children's Christmas Treat Bags**. Each year, each child receives a treat bag with goodies following the Christmas Program at each service. We put these treat bags together during the **Adult Tree Trimming** night at Good Shepherd. If you would like to contribute, please let me know. If you would like to make a monetary donation, you could simply place it in the offering Sunday morning mentioning on your check or envelope that it is for Christmas Program. Gift Cards to Oriental Trading (always welcome), Walmart Gift Cards to purchase the apples, candy, etc. are excellent ideas. All donations should be received no later than Mon, Nov 25th. We will assemble these bags at the **Adult Tree Trimming** Fri, Dec 6th at 5:30pm.

**CHRISTMAS CAPERS** for the kids will be Sat, Dec 7<sup>th</sup>, 11am to 2:30pm. We need youth and confirmants to help as part of our activities. This is an event for the kids ages 3-5<sup>th</sup> Grade and everyone is welcome. This gives parents a time to meet with Santa or spend time quietly enjoying an afternoon while the kiddos make Christmas gifts, decorations, have lunch, snack, play games and enjoy a movie. Sign up on the Sunday School board outside the Main Office.

**NEW EVENT!** Sat, Dec 7th, 5 to 8pm Christmas WRAP and Cookie Exchange – for the **Adults**. Bring a dish to pass, a few dozen of your favorite cookie and your Christmas Wrapping Projects and come together for an evening of fellowship, fun, music, food and getting your wrapping done. We may have a fun activity or two and exchange cookies to kick off the holiday month and get a head start. **THIS IS FOR THE GROWNUPS!** But we have a list of eager sitters at church if you need to call someone.

As you can see, Halloween and November are the beginning of the Holiday Season and we have MANY, MANY things going on in Sunday school for our children and their families. I am always looking for ways to bring our church Sunday School family together to celebrate and have fun so share your ideas.

Happy Thanksgiving!  
Tammy



## Quick-Look

*Upcoming Events At a Glance*

Sundays October 27th-November 10th	Reformation—Who is Martin Luther? (Kitchen, Cinema, Science)
Sunday, October 27th	3rd Grade Bible Presentation/Reformation Sunday
Sunday, November 3rd	Christmas Parts Selection during Sunday School
Sundays Nov. 10th-24th	Christmas—Cinema, Costumes and Advent – All Children
Saturday, December 7	Christmas Capers— 11am to 2:30pm – Please Sign Up
Saturday, December 7	Adult Christmas Wrap & Cookie Exchange – 5 to 8pm -- Please Sign Up
Saturday, December 14	Christmas Program Rehearsals – 8:30am and 10:30am



### Tammy Klein

Children's Ministry Coordinator

tammy@gsllacrosse.org (608)788-0450

#### Stay Connected!

Receive message alerts for Sunday School at Good Shepherd. Send the message @rubberduck to the number (608) 807-2784. All parents and children with a cell phone are encouraged to sign-up! Data charges may apply. Must age 13+ to sign up without parental guidance. This service is brought to you by Remind®.





## Youth Update

*Confirmation (Grades 6-8)  
& High School Youth (Grades 9-12)*

*"So in Christ we, though many, form one body, and each member belongs to all the others." ~Romans 12:5*



Lately, I've been asking myself "what do teenagers need from the church?" How do we get kids excited about being here and keep them engaged through high school? Do kids need the same things from church that they need from school? From their peers? From their parents? I honestly don't know what the answer to this question is, but I figured my friend Google would have some insight. Upon doing a search of "what do teenagers need from church" I had 60,700,000 results. Wow, that's a lot of things they need! After reading through several of the articles, I found one that seemed to make sense. According to churchleaders.org, there are 6 things teens need from the church.

**1. A place with Jesus.** Teens need to see how the stories and lessons in a book written thousands of years ago is relevant to their lives.

**2. A place with adults that care.** Teens need adults who can demonstrate the lessons of grace, gratitude and growth that are found in the Bible.

**3. A place to belong.** Let's be honest, navigating through the teen years is all about finding our place in the world. The church should be a place for kids to go and know they are safe and loved.

**4. A place to serve.** Teens get a bad rap for being lazy and selfish but the church can provide opportunities for kids to give back to the community and see the importance of helping others.

**5. A place to be encouraged** (and encourage). Our current culture is one of animosity, the church should be a place where kids are celebrated and where they learn to celebrate and embrace others.

**6. A place to grow.** The church should be a safe place for kids to learn the lessons of forgiveness, grace, tolerance, kindness and all those things that help us grow into better versions of ourselves. In that process, their faith should grow as well. When I think about these six things, I feel really good about what Good Shepherd does to provide these for our teens. The mustard sized seed has been planted through all the efforts of the church...now we need to continue to love and guide our teens to help that seed grow into a stronger faith.

With Gratitude,  
Jen

### Want to help support the G4Squad? BUY SCRIP CARDS!!!

If you are planning on buying anyone a gift card for the holiday season order it from Good Shepherd. Need gas or groceries? Get your Kwik Trip, Festival and Walmart cards from Good Shepherd. There are a ton of cards in stock and there is a short turn around time if we need to order it. Talk to the student representative in the back of the church during Sunday services!

## Quick-Look

*Upcoming Confirmation/Youth Group Events At a Glance*

Wednesday, October 30th	Confirmation/HS Open Hang Out 6:30-8pm
Sunday, November 3rd	4pm 8-12th grade bowling.
Wednesday, November 6th	Confirmation/HS Open Hang Out 6:30-8pm
Wednesday, November 13th	Confirmation/HS Open Hang Out 6:30-8pm
Wednesday, November 20th	Confirmation/HS Open Hang Out 6:30-8pm
Wednesday, November 27th	No confirmation or HS Open Hang Out. Thanksgiving Eve interfaith worship service.
Wednesday, December 4th	Confirmation/HS Open Hang Out 6:30-8pm



### Jen Servais

*Director of Youth and Family Ministry*

Jen@gsilacrosse.org (608) 788-0450

**In the Office:** Varied hours



## Music Notes

*From The Director of Music*

### Soon and Very Soon (ELW #439)

by Andraé Crouch

One of our favorite hymns at Good Shepherd is "Soon and Very Soon", written by gospel song writer Andraé Crouch. It is based on Revelation 21:3-4: "And I heard a loud voice from the throne saying, 'Look! God's dwelling place is now among the people, and he will dwell with them....He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.'"

Andraé Edward Crouch was born, along with his twin sister Sandra, on July 1, 1942 in San Francisco. His parents, Benjamin and Catherine Crouch, founded Christ Memorial Church in Pacoima, California, a Church of God in Christ (COGIC), where Benjamin was Pastor.

Andraé began playing piano in church at the age of 11 and wrote his first Gospel song at age 14. He formed his own singing group, the COGICS (Church of God in Christ Singers) at Christ Memorial Church in 1960 and they recorded his first song, "The Blood Will Never Lose Its Power". In 1965 he founded the singing group Disciples and began recording his compositions in 1969. He is credited as a key figure in the Jesus music of the 1960's and 1970's and also for helping bridge the gap between black and white Christian music.

When his parents and brother passed away in quick succession, Andraé and his sister Sandra took over as pastors of Christ Memorial Church. He initially feared that this would hamper his musical endeavors, but came to see that music remained as much a part of his life and ministry as it had ever been.

Andraé was hospitalized on January 3, 2015 as the result of a heart attack and died five days later. His sister, Sandra, released the following statement: "Today, my twin brother, womb-mate and best friend went home to be with the Lord....I tried to keep him here but God loved him best."



### Randy Lyden

Good Shepherd Music Director  
randy@gslacrosse.org | (608) 779-9669



## GRATITUDE game

Start a fun tradition by playing this game on Thanksgiving.

### What you need:

- M&M's or other colored candies
- A bowl
- The list below (adapt the colors, as needed)

**Red:** a need God has provided for

**Orange:** a gift you've received

**Yellow:** something you've recently learned

**Green:** something in nature

**Blue:** a special memory

**Brown:** someone you love

### What you do:

1. One at a time, people pick a candy and share what they're thankful for (according to the color).
2. Pass the bowl around and continue reflecting on God's goodness until all the candy is gone!

## PUZZLE

### A feast of praise

Throughout the Bible, God's people give thanks and praise for his goodness.



Directions: Draw lines to match the scriptures (all NIV) with the correct speaker.

"I thank my God every time I remember you." Philippians 1:3

Hannah

"My soul glorifies the Lord and my spirit rejoices in God my Savior." Luke 1:46-47

David

"He is my God, and I will praise him, my father's God, and I will exalt him." Exodus 15:2

Mary

"My heart rejoices in the LORD." 1 Samuel 2:1

Paul

"I will praise God's name in song and glorify him with thanksgiving." Psalm 69:30

Moses

Answers: Philippians 1:3, Paul; Luke 1:46-47, Mary; Exodus 15:2, Moses; 1 Samuel 2:1, Hannah; Psalm 69:30, David



"... And after he saved the animals, he started turning up on the mailing lists of environmental organizations."